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Vancouver metro

Your essential daily news | THURSDAY, JULY 2, 2015 High 28°C/Low 17°C Sunny

WESTWOOD:
COMEDIANS TAKING OVER JOURNALISM
WTF!?
metroview

GLOWING HEARTS

Nicole Jonzon of Vancouver stands near the Olympic Cauldron at Jack Poole Plaza on Wednesday. Thousands descended on downtown Vancouver for Canada Day celebrations, including a parade and fireworks. JENNIFER GAUTHIER/FOR METRO

CP to run trains on West Side

ARBUTUS CORRIDOR

Mayor remains opposed to the railway

Emily Jackson
Metro | Vancouver

CP Rail is following through on its threat to run trains along the Arbutus corridor for the first time in 14 years, leaving Vancouver's mayor unimpressed but without any power to stop the railway.

The railway will commence transporting and storing rail cars on the tracks "in the coming weeks," according to a June letter to nearby residents from CP's director of government affairs, Mike LoVecchio.

The move comes less than a year after the railway started tearing out community gardens along the corridor as a negotiation tactic with the city over the 11-kilometre stretch through a well-heeled part of town.

CP wanted to sell it for $400 million, but the city refused to budge from its $20-million offer. Discussions fell apart, and the parties wound up in B.C. Supreme Court, which ruled that CP is within its rights to use the land.

But Mayor Gregor Robertson remains "fully opposed" to reactivating the line due to "significant public-safety concerns," according to a strongly worded statement sent Tuesday.

"The track in question was abandoned, unused and unmaintained by CP for 15 years," Robertson said.

Population density has exploded along the line, which includes steep sections and nearly 50 crossings that haven't been properly upgraded, and the city was not allowed to attend the safety inspection of the track, Robertson said.

"We continue to be available to CP should they wish to return to talks with the city on the future of the corridor, but Vancouver will not be bullied, and we will not accept seeing our neighbourhoods and families along the corridor having their safety put at risk."

The mayor said the city is reviewing its options in response to all actions taken on the line, although it appears to be out of moves at this point.

Meanwhile, CP's letter reminded residents that it is illegal to walk, drive or cycle alongside the railway line. It urged people to contact CP police should they see trespassers on what has become a popular greenway in 14 years of disuse.

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metro NEWS

Your essential daily news

Graham Greene joins Order of Canada cast. **Canada**

A chaotic Cannabis Day amid arrests, politicking

MARIJUANA FESTIVAL

Advocates accuse police of being too aggressive

Matt Kieltyka
Metro | Vancouver

Arrests and political haggling cast a dark cloud over the annual Cannabis Day event outside the Vancouver Art Gallery on Wednesday.

The protest and marijuana festival faced official opposition this year from the City of Vancouver, which ordered organizers to cease advertising the festivities and insisted the unsanctioned event required permits to exist.

A new wrench was thrown in the works Wednesday morning when vendors arrived to the north plaza of the art gallery and discovered the city, within the last two days, fenced off the entire area.

Under the watchful eye of police and city officials, the protest site relocated south of the gallery on Robson Street, but it wasn't long before chaos erupted when police moved in to arrest a man allegedly selling marijuana to youth.

"When the VPD observed someone overtly selling marijuana, including to young people, officers asked him to stop and warned that it may lead to him being arrested," said Vancouver police spokesman Const. Brian Montague in a statement. "He refused and told police he intended to openly sell to anyone despite police requests and warnings. The man was arrested, and officers were immediately confronted and swarmed."

Pot activist Marc Emery speaks to the crowd gathered at the Vancouver Art Gallery for Cannabis Day. JENNIFER GAUTHIER/FOR METRO

Pot advocate Eric Einarson said that as soon as a large contingent of police officers moved in on the man, he and about a dozen fellow protesters joined the fray and attempted to prevent the arrest using a technique called "hug power."

> **There was definitely pepper spray. (Cannabis Day) is something that's happened 19 years here without violence.... This is absolutely unbelievable.** Pot advocate Eric Einarson

With the protesters holding on tight to each other, police used physical force to separate them, and Montague confirmed pepper spray was used on at least one person.

"Police were very organized and violent," said Einarson. "They were very determined, very aggressive. There was definitely pepper spray. (Cannabis Day) is something that's happened 19 years here without violence and without an issue. For (police) to do something like this is absolutely unbelievable."

The man arrested may face potential trafficking charges, police say. Three other people were also arrested.

The arrests come at a bad time for organizer Jodie Emery, who had been fighting with the city to keep the event going in the lead-up to the protest.

She accused police of using "aggression on peaceful people."

"Now the city is going to tell everyone how so expensive it was to enforce today, whereas there's never been a problem before," she said. "Any disorganization today is 100 per cent the fault of the city."

A couple hours after the incident, Emery's husband, well-known activist Marc Emery, addressed hundreds of people gathered at the event to denounce the arrests and rally the crowd.

Deputy city manager Sadhu Johnston told Metro earlier in the day that the city doesn't support the event because it had become too big for the space (which competes with other, sanctioned Canada Day festivities) and, with commercial vendors selling marijuana and pot-related paraphernalia, could no longer be considered a protest.

PLEBISCITE

Decision day for transit

It's decision day for the fate of Metro Vancouver's transportation system.

The result of the region's plebiscite on new transit funding — in the form of a new 0.5 per cent regional sales tax — will be announced shortly after 10 a.m. Thursday morning, Elections BC announced.

The plebiscite, ordered by Premier Christy Clark, ran March 16 to May 29 after the Mayors' Council on Regional Transportation pitched the Congestion Improvement Tax to fund its share of a 10-year, $7.5-billion transit plan.

The plan includes a subway along Broadway in Vancouver, light rapid-transit lines in Surrey, a replacement for the Pattullo Bridge and region-wide improvements to roads and public transit service.

Last month, the Mayors' Council disclosed it spent $5.8 million pushing its "Yes" campaign, insisting a positive result is critical for the region to address future growth and congestion.

Meanwhile, the Canadian Taxpayer Federation-led "No" campaign says it spent less than $40,000 pushing its stance that TransLink is wasteful and cannot be trusted with additional tax revenue.

At last count on May 27, Elections BC said it had received and screened 698,900 ballots, representing 44.7 per cent of the region's 1,562,474 registered voters. Final voter turnout will be announced along with the result.

MATT KIELTYKA/METRO

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Energy projects need public trust: Trudeau

ENVIRONMENT

Liberal leader blames Tories for industry's poor image

Emily Jackson
Metro | Vancouver

Federal Liberal Leader Justin Trudeau campaigned for a new environmental-assessment process on his trip to the West Coast this week, but if elected he wouldn't necessarily demand Kinder Morgan start from scratch in its bid to expand the Trans Mountain pipeline.

"I don't know that we have to start from zero again, but certainly there needs to be a better process of getting community support and community buy-in," Trudeau said in an interview with Metro after a tour of Burnaby's General Fusion on Tuesday.

"For me, it's about restoring a level of transparency, accountability, openness, so that not necessarily this project, but projects like this, will eventually get the approval necessary for them to exist."

Trudeau's comments on the pipeline, which is in the midst of a contentious National Energy Board review process expected to wrap up in early 2016, came the day after he announced his environmental platform on Jericho Beach, with tankers dotting the horizon. He faulted the Conservatives, not Kinder Morgan, for a "total breakdown of public trust" around energy projects in general.

"The climate around energy projects, when we have a government that so blatantly doesn't care about community consultation or the ultimate impacts on the environment, means that we're not going to get projects like this or any other projects built," Trudeau said. "We do need to get our resources to market; everyone gets that. We just need to do it in a way that reassures people that it's just not short-term gain for long-term pain."

Trudeau was adamant that his support for the environment — he pledged increased protection for marine and coastal areas and $40 million for ocean science monitoring programs — and his support to get resources to market can coexist, even in the Lower Mainland, where the cities of Vancouver and Burnaby are entrenched in their opposition to increased oil-tanker traffic.

"I don't support the pipeline. I support getting our resources to market, not necessarily through that pipeline. That pipeline, like any pipeline, needs to get the public trust to move it forward," he said.

"Keystone is stalled in the U.S., Energy East is being stalled in Quebec, Northern Gateway is a non-starter, thank God, and Kinder Morgan is being stalled, blocked by Vancouver. There is a freeze right now because people don't trust that these things can be done right. Quite frankly, if they can't be done right, they shouldn't be done."

Federal Liberal Leader Justin Trudeau tours General Fusion, a Burnaby-based energy company, on Tuesday. EMILY JACKSON/METRO

> **For me, it's about restoring a level of transparency ... so that not necessarily this project, but projects like this, will eventually get the approval necessary.**
> Justin Trudeau, on Kinder Morgan's Trans Mountain pipeline expansion

PIPELINE ASIDE

Here is what Trudeau — who in a very always-polite-Canadian moment said "sorry" for holding the door open for a reporter but walking into the boardroom first — had to say on other topics:

On transit and the referendum...
"Regardless of the outcome of the referendum, the federal government needs to be a much better partner on transit. It's not just about the short-term challenges of gridlock and time spent away from your family and away from work.... It's also about building better cities, building a greater quality of life and growing the economy for the long term."

On freebie national park entry in 2017...
"The promise to get people out into our parks is part of restoring that connection Canadians need to have with the natural world.... We pay for it by cutting down on the ad budget this government has put out. They've announced hundreds of millions of dollars for Canada's 150 celebrations. We're going to cut some of the advertising there in order to have this country's beauty speak for itself and allow Canadians to actually get out and benefit from it directly themselves."

On his Canada Day plans...
"I'm going to as many different local parks as I can to celebrate with communities right across western GTA, southern Ontario. I grew up going to (the Ottawa) celebration every year with my dad. Since then I've been trying to go where Canada is and celebrate with Canadians."

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Les Misérables returns to city

BACKSTAGE PASS

Legendary musical sets up shop at the Arts Club

Graeme McRanor
For Metro | Vancouver

Sayer Roberts, Stuart Barkley, Eric Craig and Jennie Neumann in Les Misérables, which is playing at the Arts Club. DAVID COOPER

Since its 1985 English-language debut in London, the musical Les Misérables has been anything but, the box-office success of the West End production (still going, with more than 10,000 performances) leading to a successful Broadway run that lasted 16 years and nearly 7,000 performances.

Countless tours and international and regional productions have been staged since. All told, it's played in 319 cities in 42 countries to a worldwide audience of more than 65 million.

And now it's back at the Arts Club starting tonight.

"Our production is blessed with an extraordinary cast of triple threats, many of whom are returning from our widely acclaimed 2009 run," says director Bill Millerd. "I'm also excited to have much of the superb creative team return for this remount: Co-musical directors Bruce Kellett and Ken Cormier, choreographer Valerie Easton, the design team of Ted Roberts (set), Alison Green (costumes), Marsha Sibthorpe (lighting), and the rest of the company, who promise to bring audiences a thrilling night to remember."

Even if you've never seen it before, you'll remember the songs: I Dreamed a Dream, Bring Him Home, On My Own and Do You Hear the People Sing?

Admit it, the first one's already playing in your head: "I dreamed a dream in time gone by/When hope was high/And life worth living/I dreamed that love would never die/I dreamed that God would be forgiving ..."

Les Misérables stars Cameron Andres, Stuart Barkley, Kevin Michael Cripps, Kaylee Harwood, Warren Kimmel, Nicola Lipman, Jaime Olivia MacLean, Kieran Martin Murphy, Jennie Neumann, Sayer Roberts, Rebecca Talbot, Eloise White, Andrew Wheeler and many more.

It's at the Stanley Industrial Alliance Stage until Aug. 16. Tickets start at $39. Find more information at ArtsClub.com.

TUTS, TUTS, TUTS

Summer's finally in full swing and that means it's time for some outdoor theatre here in Rain City.

This year's offering features two beloved Broadway musicals — Oliver! and Hairspray — running on alternate evenings July 10 to Aug. 22 at Stanley Park's Malkin Bowl.

Tickets start at $30, with some deals available for preview nights July 10 to 13 and Super Monday (Aug. 3). For more information, visit TUTS.ca.

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COURT

Woman assaulted by Pickton's brother

A woman who was sexually assaulted by the brother of serial killer Robert Pickton has been awarded $45,000 in civil court.

A B.C. Supreme Court jury has ruled that David Pickton inflicted psychological trauma on a woman after assaulting her more than two decades ago.

The total award includes $20,000 in punitive damages, which the woman's lawyer says is intended as a deterrent.

Pickton was fined $1,000 and sentenced to one year of probation after being convicted of sexual assault in 1992.

The woman testified that Pickton cornered her inside a trailer, pressed her up against a wall and groped her genitals over her jeans before threatening to rape and kill her.

Her lawyer says she is pleased with the result and is looking forward to moving on with her life.

THE CANADIAN PRESS

QUEEN ELIZABETH PARK

Zip line opens in park on Canada Day

Emily Jackson
Metro | Vancouver

The already stunning views from Queen Elizabeth Park — the highest point in Vancouver — got even more breathtaking on Canada Day.

A temporary zip line in celebration of the park's 75th anniversary is now open at the park for adventurous types seeking a bird's eye view of the city.

Starting at the Bloedel Conservatory and ending near the Quarry Gardens, the zip line operated by Greenheart International Development Corp. consists of three parallel lines about 190 metres long.

It costs about $20 per ride, but will be free all summer to brides and grooms as long as they're wearing their wedding gowns and tuxedos.

The park board will get a share of the profits if Greenheart makes more than $75,000 on the attraction.

Park board chair John Coupar said Wednesday there was an excitement at the park as crews tested the zip line's safety by sending 250-pound bags of sand down the line.

"They've done a fantastic job. It's really a first class operation," Coupar said of the company, which also has a zip line in Whistler.

"People really are going to enjoy it."

> **They've done a fantastic job. It's really a first-class operation.**
> John Coupar

More than 3,000 tickets to the attraction have been sold so far, Coupar said.

While it appears many are excited about the zip line, not everyone was a fan of the idea.

Opponents argued the park board should not commercialize public space and that the lovely park didn't need a private company to attract visitors.

Peter Jongbloed, chair of the Pitt Meadows active transportation committee and HUB volunteer, tests out the bike lane on the Port Mann Bridge on Wednesday. COURTESY HUB

Port Mann Bridge bike lane, path open

CYCLING

'A lot of people have been waiting for this': Advocate

Cycling advocates celebrated Canada Day by taking a toll-free ride on the new bike lane and walking path on the Port Mann Bridge.

Yes, you read that right — the 10-lane megaproject now has a three-metre wide, multi-use, separated path on the east side of the bridge.

The path was always part of the $3.3-billion Port Mann/Highway 1 improvement project spanning the past six years.

"A lot of people have been waiting for this in the cycling community," HUB cycling advocacy spokesman Colin Stein said Wednesday. "It's fantastic."

But happy as HUB may be about the infrastructure on the bridge itself, Stein pointed out major connection challenges on the Coquitlam side of the bridge where cyclists have to join heavy, bike-lane-free traffic on United Boulevard and Lougheed Highway. He only recommends use by experienced cyclists that are willing and able to ride alongside 80 km/h traffic.

> **It's great, but it's not for everyone and you have to know the area.**
> Colin Stein

"The problem is, there's no real signage. It's great, but it's not for everyone and you have to know the area," he said.

The Surrey side, however, got rave reviews for the connection to 112 Avenue.

"It blends in seamlessly," Stein said, adding he saw about a dozen riders on his test journey.

HUB hopes to work with Coquitlam and the province to improve connections, or at the very least signage, on the Coquitlam side of the bridge.

"It's an interesting example of a fantastic piece of infrastructure that is now an interesting experiment," Stein said. It's especially important to address infrastructure before volumes increase from an estimated 100 cyclists per day. "There needs to be a plan in place," he said.

EMILY JACKSON/METRO

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SASKATCHEWAN

Wildfire smoke stifling the flames

The number of people forced from their homes by Saskatchewan wildfire smoke continues to climb, but a provincial official says the smoke is now so thick that it's actually helping control the fires.

Steve Roberts with Saskatchewan's environment ministry says the layer of smoke that covers the northern part of the province has blocked out direct sunlight.

Roberts says that's lowered temperatures and boosted humidity, which means the fires are less volatile.

Officials say they don't have an estimate of the total number of evacuees, but say they're currently housing over 4,000 people in hotels and other evacuation centres in North Battleford, Prince Albert, Saskatoon and Regina.

There were 110 active fires in Saskatchewan on Wednesday. Only about 10 were contained.

The smoke hampered the operations of firefighting aircraft on Tuesday. Roberts says air tankers are on standby if smoke clears and visibility is safe.

"As much as it's not good for people, because the cloud layer is filled with smoke and is so thick, our temperatures are roughly 10 degrees cooler and our humidity is 10 to 15 per cent higher. That combination means the fire activity drops significantly," Roberts explained.

Roberts said conditions in Saskatchewan are so susceptible to fires due to an unusually dry winter followed by an early spring. He said evacuations could continue for days to come.

Close to 600 firefighters, 40 helicopters and 19 planes are involved in fighting the fires. Other provinces have contributed firefighters and equipment, and Roberts said a crew from South Dakota was on its way to Saskatchewan on Wednesday.

THE CANADIAN PRESS

> **"It's helped us secure, especially, those fires that are close to communities.**
>
> Steve Roberts, spokesman, Saskatchewan environment ministry

Rideau Hall names Order honourees

ORDER OF CANADA

Many familiar Canadians among year's appointments

The man who helped create the BlackBerry, the female CEOs of two provincial public broadcasters, and a noted First Nations actor are among the Canadians being appointed to the Order of Canada.

Rideau Hall's Canada Day announcement allows those on the list to share the news of the honour, which is usually kept secret until Gov. Gen. David Johnston makes the information public.

This year's notable names include Douglas Fregin, the man who co-founded Research in Motion with Mike Lazaridis.

Fregin designed the first circuit board the company used to run early versions of its wireless technology, and then helped choose the materials that are still found in BlackBerry devices today.

Lazaridis's wife Ophelia is also being invested as a member of the Order of Canada for her philanthropic work around Waterloo, Ont., where BlackBerry is based.

Author Lawrence Hill will be recognized for his telling of the stories of Canada's black community, notably with the critically acclaimed "Book of Negroes," and for his advocacy work on behalf of women and girls in Africa.

Oscar-nominated and Gemini award-winning actor Graham Greene is a familiar face in film, television and theatre in Canada and overseas.

The First Nations actor is being honoured for "achievements as a pioneering and versatile actor," which include a 1991 Academy Award best supporting actor nomination for his role in the film "Dances with Wolves."

Also being honoured are TVOntario CEO Lisa de Wilde for "transformative leadership" at the provincial public broadcaster, and Télé-Quebec counterpart Michele Fortin for her "contributions to the vitality of French-language and educational television."

Rideau Hall says there will be 100 new appointments to the Order of Canada, with one being a promotion to the highest level — former Ontario premier and Liberal MP Bob Rae is being invested as a companion — while the other is an honorary appointment for Johan Olav Koss, an Olympic speed skating champion from Norway.

Koss, who lives in Toronto, founded Right to Play, an advocacy group for children in sports.

Other notable sports names on the list are Olympic curling champion Russ Howard, former Olympic diver and Pan Am Games medallist Beverley Boys and Fran Rider, who was instrumental in making women's hockey what it is today on the international scene.

THE CANADIAN PRESS

Bob Rae THE CANADIAN PRESS

> **6,000**
>
> **The number of people from all walks of life who have been invested into the Order of Canada, one of the country's highest civilian honours, over the past 45 years.**
>
> THE CANADIAN PRESS

BOMB SCARES

Four empty threats this week

For the fourth time in less than a week, a Canadian passenger jet has had to make an emergency landing because of a threat made against it.

Saskatoon Police say there was no bomb on the latest jet that was the target of a threat.

An explosives team has completed its search of the jet and determined that there was no explosive device on board.

The plane was travelling from Toronto to Saskatoon on Tuesday evening and landed safely.

The 113 passengers and five crew members were forced to disembark on the tarmac.

Police say the jet is now back in the care of WestJet.

It's the fourth time in a week that a Canadian passenger jet has had to make an emergency landing because of a threat. In all of the cases, searches of the aircraft unearthed nothing suspicious.

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NORTH DAKOTA

Calendar highlights eclectic holidays

To most Americans, July 4 is Independence Day. But on Marlo Anderson's calendar, it's also Caesar Salad Day and Barbecued Spareribs Day.

Anderson is the mastermind of the National Day Calendar, an online compendium of pseudo-holidays that has become a resource for TV and radio stations looking to add a little levity to their broadcasts, among others.

The 52-year-old co-owner of a VHS digitizing company in North Dakota started the calendar in 2013 and soon realized the site could also be a way for people to declare their own special days. So last year, he started charging $1,500 to $4,000 for "national day" proclamations.

"People certainly don't need to use us. It's just we really give it a jumpstart," he said.

Marketing experts give Anderson credit for seizing on the desire by companies and groups for another way to promote themselves, though they question the effectiveness of some of the resulting campaigns.

Already, the National Day Calendar says it has given its blessing to more than 30 made-up holidays. A crouton maker paid for National Crouton Day (May 13), a seafood restaurant submitted National Fried Clam Day (July 3) and a craft beer maker came up with National Refreshment Day (fourth Thursday in July).

Zoovio co-owner Marlo Anderson eats homemade fudge to commemorate National Fudge Day.
WILL KINCAID/THE ASSOCIATED PRESS

At the National Day Calendar, one-time proclamations for birthdays, anniversaries and other occasions are on sale for $19.99 or $39.99. The price for ongoing inclusion in the calendar is higher.

For $1,500, Anderson provides a framed proclamation. For $2,500, he helps arrange interviews with the media. And for $4,000 and travel expenses, he'll show up to present proclamations at events. THE ASSOCIATED PRESS

IN BRIEF

Manhattan apartments hit new high, average $1.8M

The average sales price of a Manhattan apartment has eclipsed $1.8 million — a new high. The appraisal firm Miller Samuel says in a report for Douglas Elliman Real Estate that its figure — $1.87 million — compares to $1.77 million reached in the first quarter of last year.
THE ASSOCIATED PRESS

market minute

DOLLAR TSX closed Canada Day

TSX TSX closed Canada Day

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New era for Cuba as embassies reopen

DIPLOMACY

Posts in Washington, Havana set to open July 20

U.S. President Barack Obama announced Wednesday that the U.S. and Cuba will reopen their embassies in Havana and Washington, heralding a "new chapter" in relations after a half-century of hostility.

"We don't have to be imprisoned by the past,'' Obama said from the White House Rose Garden. "Americans and Cubans alike are ready to move forward.''

Cuban television broadcast Obama's statement live, underscoring the new spirit. A state television anchor read a letter from Cuban President Raul Castro to Obama in which he wrote that Cuba is "encouraged by the reciprocal intention to develop respectful relations and co-operation between our people and governments.''

The embassy agreement marks the biggest tangible step toward normalizing relations since the surprise announcement in December that the U.S. and Cuba were restarting diplomatic ties. The posts in Washington and Havana are scheduled to open July 20, Cuba's Foreign Ministry said.

For Obama, ending the U.S. freeze with Cuba is central to his foreign policy legacy as he nears the end of his presidency. Obama has long argued that the U.S. economic embargo on the communist island just 145 kilometres south of Florida was ineffective.

Amid the celebratory rhetoric, there were words of caution from both countries.

A statement from the Cuban government said reopening embassies was just the first step in "a long and complex process toward normalization of bilateral ties.'' It demanded an end to the U.S. embargo, the return of the U.S. naval base at Guantanamo and a halt to U.S. radio and TV broadcasts aimed at the island.

Ileana Ros-Lehtinen, a Republican Congresswoman from Florida, said that opening a U.S. Embassy in Cuba "will do nothing to help the Cuban people and is just another trivial attempt for President Obama to go legacy shopping.''

The president on Wednesday reiterated his call for Congress to lift the embargo, which he said has failed to bring political change in Cuba.
THE ASSOCIATED PRESS

Anti-Castro activist Osvaldo Hernandez shouts anti-Obama slogans Wednesday in the Little Havana area of Miami.
ALAN DIAZ/THE ASSOCIATED PRESS

MANHUNT

Prisoners did practice run before escape

One of two convicted murderers who broke out of a maximum-security prison last month told police that they conducted a practice run the night before their escape, even poking their heads out of a manhole before deciding they were too close to nearby homes, a district attorney said.

Clinton County District Attorney Andrew Wylie said David Sweat, 35, told police from his hospital bed that he masterminded the June 6 breakout from Clinton Correctional Facility.

The escape by Sweat and 49-year-old Richard Matt launched a massive 23-day manhunt. Matt was shot and killed by a border patrol officer June 26. Sweat was wounded Sunday by a state trooper.

Wylie said Sweat claimed he used only a hacksaw blade to cut holes in the steel walls of his and Richard Matt's adjoining cells as well as a steam pipe they crawled through.

Sweat said he prowled the tunnels within the prison from 11:30 p.m. to 5 a.m. in the days preceding the escape, according to Wylie.

Authorities said the two reached the tunnels via narrow corridors behind cellblocks providing access to the bowels of the prison, and were given access by a corrections officer who has since been charged in connection with the breakout.
THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Thursday, July 2, 2015

THE BIG THING: RED, WHITE AND ... BLUE?

The federal government has kept quiet about the $7 million it gave to local Canada Day celebrations this year, but based on what we do know, it appears these red-and-white festivities took place disproportionately in ridings of Tory blue. But 'tis the season to study Canadian history — which shows this type of alleged pork-barrel (Canadian bacon-barrel?) politics is nothing new.

SOURCE: THE CANADIAN PRESS

1 **Mystery money** Canadian Heritage funded 1,658 patriotic events between June 21 and July 1. Most projects were small, but only 130 (eight per cent) have been disclosed publicly. Of the 30 ridings where municipalities are known to have received the federal funding, 27 are likely to go or stay Conservative in this fall's election.

2 **Blue gets more green** A Globe and Mail investigation this week revealed ridings that elected Conservative MPs in 2011 received an average of 48 per cent more than opposition-held ridings from the $150-million Community Infrastructure Improvement Fund (a separate pile from the Canada Day money).

3 **The more things change** The feds have long been accused of disproportionate spending in government-held ridings, especially those represented by cabinet ministers. A famous example in the 1990s involved the RCMP after an audit revealed federal employment grants were overwhelmingly given in Liberal ridings, including that of then-prime minister Jean Chrétien.

Consider your lungs this barbecue season

THE SCIENCE

Stephanie Orford

Smoke is often a sign of celebration — fireworks, firing up the barbecue, getting out the marshmallows for a beach bonfire. All great in moderation.

We take smoke for granted; it's just what happens when you cook. Smoky flavours are even trendy.

But household smoke inhalation is a worldwide health issue, whether it's in a one-room house in the outskirts of Shanghai or a grill in a Calgary sunroom.

According to the World Health Organization, smoke inhalation from cooking causes an estimated 3.8 million deaths per year. More than measles, malaria and HIV/AIDS combined. All three of those have elicited worldwide health campaigns. Smoke inhalation? Not so much.

Human lungs are delicate, complex structures. In their thinnest spots, the alveoli, the barrier between your blood and the outside air, can be just one cell thick. Maintaining its health is crucial. And lungs need to be elastic so they can stretch and contract as you breathe.

Inhaling smoke gums up that system. The medical community got serious about smoke's effects during the world wars, when poisonous gases — including phosphene, a component of common cooking smoke — were used as weapons.

Nitrogen dioxide and cyanide, among many other toxins, are also found in household smoke.

When they're inhaled, these noxious gases and particles kill and irritate cells in the inner surfaces of the lungs. When these cells are damaged, the lungs lose capacity to produce the protective mucus that lubricates the lungs so they can stretch, trap particles and protect against infection.

In enclosed cooking spaces, smoke can be 100 times higher than acceptable levels.

Smoke inhalation also impairs the clearance action of cilia, a carpet of microscopic moving hairs on the inner surface of the lungs that would normally sweep the mucus out — and much of the harmful stuff with it.

But toxic smoke can kill lung-lining cells, causing them to slough off and partially block the airway, making breathing more difficult.

Your body's inflammatory reaction to smoke inhalation can cause major damage too. Less than a day after smoke inhalation, a type of swelling called upper-airway edema can set in, constricting the airways and making them less elastic.

But household smoke's most widespread damage happens through lower levels of exposure over a longer time — months or years spent cooking indoors in a poorly ventilated space.

In enclosed cooking spaces that are poorly ventilated, smoke can be 100 times higher than acceptable levels for small particles, the WHO says. Worldwide, charcoal and wood are the most common culprits.

The need for clean, renewable energy sources isn't just about protecting the planet; it's a necessary safeguard for human health that we need to be more aware of.

Stephanie Orford is a Vancouver-based science writer.

ROSEMARY WESTWOOD

metroview

Journalists can learn a trick or two from comedy

You've gotta love Marc Maron.

Or, if you're a journalist, fear him a little bit.

The man interviews U.S. President Barack Obama for an hour, in his garage, for his podcast (called WTF with Marc Maron), and it's maybe the most compelling interview with the president ever recorded.

It's been hailed as a turning point in the legitimacy of podcasting, and made headlines because the president said the N-word, but it's much more than that. It's evidence that comedians make excellent interviewers and political pundits — and they may just be doing journalists' jobs better than we are.

Maron and Obama had a real, honest-to-goodness chat in the style that has made Maron famous. Maron is so extremely transparent and insecure ("How was it? How did I do? What did he think?" he obsesses in a post-mortem podcast) that his subjects have to respond with candour of their own.

Maron brought politics down to the human level, giving us something we've been craving: to see politicians as real people and some evidence they're telling the truth.

"I was so focused, intently focused on having a one-on-one experience with him," Maron reflected.

"All I wanted to do is connect with the guy."

The same could be said for many voters. But how many journalists get past the oily veneer of talking points?

On TV, the best political commentator is John Oliver. Those who've been fretting over the end of John Stewart and Stephen Colbert need not fear — Oliver takes out enough bullsh-t trash for the both of them.

Canadians are still waiting for our Stewart/Colbert/Oliver. (Rick Mercer, known for wonky camera angles meant to liven up his rants, is far too PC.) Sure, we've got comedians trying to take down Harper with their get-out-the-vote effort, Harpoon. But it's so far only speaking to 1,233 Facebook fans.

It's not a zero-sum game. There are talented political reporters and interviewers on both sides of the border. But journalism — the trade most concerned with the truth — can learn a trick or two from comedy, the trade most adept at revealing it.

From Maron, the power of vulnerability. From Stewart/Colbert/Oliver, the tack of insisting that politicians make sense, and if they don't, offering up context to reveal idiocy.

If anything can help the media be less of a megaphone for truthiness, it might be this competition from journo-comics.

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Facebook's Mark Zuckerberg wants to find a formula for how people think

Anatomy of a Summer Hit

Four reasons why OMI's Cheerleader is a smash

RYAN PORTER/LIFE@METRONEWS.CA

It's already a smash by any measure, but is Cheerleader Canada's Song of the Summer? The remixed reggae crowdpleaser by Jamaican artist OMI (pronounced Oh-Mi) has been certified double platinum in Canada and reigned at No. 1 on the Soundscan chart for three weeks in June. From the rooftop of Toronto's Thompson Hotel, where young and beautiful summer sun worshippers trail their toes in the infinity pool, OMI, pictured at left, chatted with Metro about why his breakthrough hit could soon be blaring from every beach-party Bluetooth speaker in the country.

Rule #1: Must not be released in the summer

Famous alumni: The past 15 songs of the summer

Based on the Song of the Summer champs proclaimed by Billboard, which uses U.S. chart data, you have to reach all the way back to June 22, 1999, when Christina Aguilera's Genie In A Bottle dropped, to find a song that was actually released during the summer. Cheerleader was released in the summer ... of 2012. It wasn't until German DJ Felix Jaehn's remix was released May 19, 2014, that the local Jamaican hit stormed Europe.

"In 2012, it made an impact," OMI says. "But this is crazy."

CHRISTINA AGUILERA

Rule #2: Must be a newly minted superstar

Famous alumni: Iggy Azalea, LMFAO

While summer heat lightning struck twice for Katy Perry and Mariah Carey, more often a Song of the Summer has been that artist's breakthrough (or can you actually sing a bunch of Robin Thicke songs?). OMI's own bio is lightly sketched, though he credits his father, who passed away when he was nine, for his love of music.

Rule #3: Must sound island-ish

Famous alumni: Rihanna's Umbrella, Los del Rio's Macarena

Of course the season of beach parties, iced capps and al fresco dining would be filled with the lazy beats and lengthened vowels of the Caribbean — see Magic!'s 2014 reggae-via-Toronto Song of the Summer runner-up Rude. With its bongo-beat and staccato singalong melody oomphed up by Jaehn's house dancebeat, Cheerleader is the kind of hybrid North Americans flip their frisbees for.

NASRI OF MAGIC!

Rule #4: Must be a hot topic of debate

Famous alumni: I Kissed A Girl, Blurred Lines

A Song of the Summer is as much a party-starter on the dance floor as it is an ice-breaker around the barbecue. Billboard, Idolator and the Toronto Star are among the media outlets that have questioned lyrics that brand a woman a "cheerleader" rather than someone with her own ambitions.

For the record, OMI believes men can be cheerleaders, too. "It doesn't have to be the woman supporting the man," he says. "A woman can sing to her man or her love. Whoever is that support system for you."

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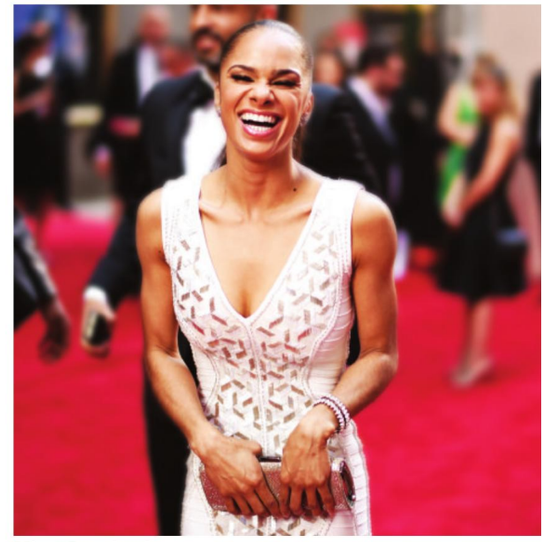
Misty Copeland achieves dream as principal dancer at ABT



Misty Copeland. GETTY IMAGES

Misty Copeland, the Missouri-born ballerina who's become a forceful voice for diversity in ballet and achieved a celebrity that transcends that rarified world, was named principal dancer at American Ballet Theatre on Tuesday — the first African-American woman to reach that status in the company's 75-year history.

Copeland, 32, fought tears as she spoke about her promotion, which she said was a lifetime dream — but such a difficult one to attain that she never really thought it would happen.

"This is it," she said. "This has been my dream since I was 13, to be a principal dancer and reach these heights."

"But it hasn't been overnight," she added at a hastily arranged news conference — a rarity for a ballet promotion. "It's been 14 years of extremely hard work ... I'm just so extremely honoured to be an African-American and to be in this position."

And, Copeland said, she hoped her ascension to the very top ranks of ballet would inspire other young dancers of colour — "all the little girls" — to stick with their own dreams.

"So many young dancers of colour stop dancing at an early age because they just don't think there will be a career path for them," she said. "I hope that will change." She spoke of her own doubts when she joined the ABT corps at age 19 and saw no one "who looked like me."

"I had moments of doubting myself and wanting to quit, because I didn't know -if there would be a future for an African-American woman at that level," she said. "At the same time, it made me so hungry to push through."

The company announced the promotion six days after Copeland made her New York debut as Odette/Odile in Swan Lake, one of the most important roles in a ballerina's repertoire. The emotional performance ended with Copeland being feted onstage by trailblazing black ballerinas of earlier generations, and with a sea of fans cheering and taking cellphone videos.

Copeland paid tribute on Tuesday.

"It's not me up here," she said. "It's everyone who came before me and got me to this position."

Copeland has become increasingly famous over the past several years, achieving a pop culture status exceedingly rare for a ballet dancer.

"We haven't had a ballet dancer who has broken through to popular culture like this since Mikhail Baryshnikov," said Wendy Perron, an author and the former editor of Dance Magazine. "And she's going to bring more attention from that world to ballet." THE ASSOCIATED PRESS

NOSTALGIA

Sad fate of recording studios

SOUND CHECK

Alan Cross

Rush fans were sent into a tizzy a few weeks back with word that the band's once-favourite recording studio was up for sale for $18,000. That's not a typo.

Rush made seven albums at Le Studio in Morin Heights, near the Laurentians in Quebec, earning it the nickname of Rush's Abbey Road. David Bowie, Bryan Adams, Keith Richards and the Bee Gees also made the trek to the studio by the lake. But after it was sold by André Perry, its owner/builder, and then sold again, the place fell into severe disrepair. All the gear is gone, the roof is falling in and the only clients these days are squirrels, mice and the odd skunk.

The current ownership has been trying to sell the property since 2009 with zero luck. After falling $18K behind on taxes on the 233-acre property, the town threatened to sell the place at auction. But at the last second, the back taxes were paid and the auction was cancelled. The owners still hope to turn the facility into some kind of spa retreat.

This isn't the only legendary recording studio that's fallen on hard times. After Beatles producer George Martin built AIR Studios in Monserrat in the Caribbean, it hosted Dire Straits, Pink Floyd, The Police, The Rolling Stones and dozens more. But after it was ruined by Hurricane Hugo in 1989 (and after more than half of Monserrat was devastated by a volcanic eruption in 1995), it was abandoned.

Twenty miles outside of Paris, Château d'Herouville — a former workplace of David Bowie, Elton John and Iggy Pop — is apparently still looking for a new owner after two years on the market. For $1.7 million CAD, you get what can be generously described as a "handyman's special."

Olympic Studios in London, The Record Plant in New York and Sound City in Van Nuys are also defunct, despite being the birthplaces of some of the greatest albums of all time. Others (such as Mississauga's Metalworks) continue to operate by doubling as multimedia schools.

Why all the carnage? With record companies slashing budgets, few acts can afford facilities that rent for thousands of dollars a week. This makes it near impossible for owners to maintain the equipment, let alone upgrade it. Meanwhile, technology has progressed to the point where you can make a decent-sounding album on a laptop in your bedroom. Sadly, there will be more deaths like Le Studios' in music's future.

Kim Kardashian braves centre stage

CONTRIBUTED

GUEST APPEARANCE

Kim talks body image, selfies and family at acclaimed club

The big reveal from Kim Kardashian's guest turn for San Francisco's revered Commonwealth Club of California on Tuesday night? She was wearing maternity Spanx under her black designer dress to conceal cellulite, not her pregnant belly.

The reality TV star and fashion mogul was invited by the 112-year-old club that describes itself as the nation's oldest and largest public affairs program to talk about her famous family, the business of millennial culture and the objectification of women in media.

Before her visit, the Commonwealth Club's invitation to Kardashian provoked minor controversy.

Some members and listeners of the club's radio broadcasts said they felt she was not worthy of sharing the same spotlight as such notable past speakers as President Franklin D. Roosevelt and Martin Luther King Jr. The program's Facebook page has lit up in recent days with comments opposing and supporting her selection.

Kardashian did discuss the key topics, and others, during an hour-long appearance before an adoring audience that was mostly young and female.

Judge LaDoris Cordell noted that Kardashian has 94 million social media followers.

"Maybe it's the bikini selfies," the photogenic guest said. "I think I definitely overshare, but I'm really engaged."

The judge also asked if it is realistic for young girls to be successful in a man's world.

Kardashian, who has makeup, hair care, perfume, and clothing lines to her credit along with a bestselling game app, was thoughtful.

"There is this generation of young people — girls — who are beautiful but don't have a strong work ethic," she said. "People sometimes think that with looks things will be easy, but I just encourage people to put in the work."

ON HER FAMILY

During her time on stage, Kardashian said the public had been "more supportive than we ever could have imagined" of Caitlyn Jenner and the rest of her family.

The most meaningful exchange might have come when Cordell, who was the first African-American female judge appointed to the bench in Northern California, wondered how Kardashian and her husband, rapper Kanye West, planned to protect their biracial children from discrimination.

Kardashian shared making the difficult decision not to engage with a fellow airline passenger who screamed profanity and racial comments at her while she was travelling with her daughter.

West "is very vocal about racial issues," she said. "Our communication, I think, will be really helpful for our children."

THE ASSOCIATED PRESS

LEGAL DISPUTE

Katy hits a home nun

Katy Perry is caught in a property dispute between a group of elderly nuns and the Los Angeles Archdiocese over who owns a hilltop convent overlooking Hollywood.

The dispute centres on who is authorized to sell the convent. The Sisters of the Immaculate Heart of Mary say the building is theirs, and they've sold it to a local restaurateur, Dana Hollister, who has already moved in.

In a June 19 lawsuit, the archdiocese claimed it is responsible for selling the property, and plans a $14.5 million deal with another buyer. The defendants in the suit say that buyer is Perry.

Hollister's attorney, Randy Snyder, says the dispute has nothing to do with Perry, but rather is a battle between the diocese and the nuns.

THE ASSOCIATED PRESS

HOUSE OF CARDS

Neve's in the House

Neve Campbell is set to join the series House of Cards.

The Scream actress will star alongside existing cast members Kevin Spacey and Robin Wright for Season 4 of the show, Deadline reports.

The exact character to be taken on by Campbell in the White House political drama, produced by Netflix, is not yet known.

The actress is also appearing in the second season of the NBC comedy Welcome To Sweden.

Filming for House of Cards is scheduled to start this summer, with Season 4 airing in 2016.

AFP

CUTTING TIES

Trump gets dumped

Rapper Flo Rida has pulled out of his guest appearance at the Miss USA pageant later this month and Macy's has dumped Donald Trump, part of the continued fallout over the GOP hopeful's remarks about Mexican immigrants during his presidential campaign announcement.

The pageant also lost both its co-hosts Tuesday, with Dancing with the Stars Cheryl Burke and MSNBC anchor Thomas Roberts bowing out.

Earlier Wednesday, Macy's became the latest company to end its relationship with Trump. Companies have been cutting ties with Trump left and right after his presidential campaign kickoff speech last week in which he declared that some Mexican immigrants bring drugs and crime to the U.S. and are rapists. THE ASSOCIATED PRESS

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metro HOME
Your essential daily news

Most homeowners would choose an air conditioner over TV in summer heat: Survey

Micro lofts in Prime on the Plaza in Surrey, B.C. (above and left), will range from 300 to 437 sq. ft., with a starting price of $139,000. CONTRIBUTED

The big appeal of smaller size

DEVELOPMENTS

Buyers are snapping up micro condos countrywide

CONDO TRENDS

Duncan McAllister

Micro condos are coming to Canada, providing affordability for first-time buyers. Popular with students, downsizers and investors, this new housing form appeals to the consummate downtowner.

Smaller suites are the norm in places like London, Tokyo and New York, and in Canadian cities, they've proved enormously popular with surprisingly swift sales.

Ranging in size from 250 to 400 sq. ft., they're a perfect size for a pied à terre, and for buyers who want to stake their claim on a piece of the downtown condo market and who are willing to trade private space for public space.

Vibe houses small condos but the building will include eateries and retail space at street level in Edmonton. CONTRIBUTED

"The main amenity is the city itself," says developer Jon Stovell, president of Reliance Properties. "It's a 300-square-foot condominium with a three-million-square-foot living room."

The company has been actively building its popular micro lofts in Vancouver, Victoria and Surrey, B.C.

In Vancouver, home ownership of even a regular studio or one-bedroom is an impossibility for a lot of people, says Stovell. The micro lofts have proven popular with younger purchasers.

"Millennials totally get this equation," says Stovell. "They're much less status conscious."

Urban Capital got the ball rolling a few years ago, with its Smart House projects. The micro condo trend has definitely been growing and expanding internationally, says partner David Wex.

> **The main amenity is the city itself**
> Developer Jon Stovell

"We pressed the reset button on condo design. What we're offering at Smart House Ottawa is a way to live affordably and sustainably right in the city's heart."

With micro condos, Wex says the focus is on smart design and space-saving ideas. Everything from storage to appliances is cleverly thought out with an economy of space in mind.

In Edmonton, Vibe condos by the Carrington Group is the city's first foray into smaller suites. "The micro condos are not really here yet," explains project sales manager Riley Lagaden, who initially wasn't sure how they would fly. After launching, he was pleasantly surprised with the response. "Edmonton has been waiting for this."

Need help organizing your small condo? Kyla Rozman is co-owner of Vancouver-based In Order To Succeed Professional Organizing. The company specializes in helping people make efficient use of every square inch of space.

"When in a small space you need to think up, think down or think out," says Rozman, who sees micro condos as a growing trend as more and more retirees are downsizing.

NEAT TRICKS

Kyla Rozman's tips on organizing a small condo

Think up

- Maximize the tops of your closets by adding shelves and bins with locking lids.
- Taller furniture allows for more storage, such as tall bookcases. Use all the space at the top of your walls.

Think down

- Your side tables and coffee table should come with storage spaces (such as a shelf or drawers).
- Multipurpose the bed with a hideaway unit or with storage bins underneath.
- Put narrow cabinets behind the bathroom door — it's a great spot for all the little containers.

Think out

- Let go of some belongings. If it doesn't really serve you and it's not something you love, it should go.
- Start with the question, how many do I really need? If it's something you only use once a year, consider borrowing it from a friend (think camping gear).

DUNCAN McALLISTER

Accessories chill out the heat

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Karl Lohnes

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Keep drinks colder for longer with a perfect sphere of ice. Set of 2/$13, Williams-Sonoma.com

2 Honeywell's Outdoor Air Cooler 610
Create a cool breeze around your patio or terrace and lower the temperature 10-15 degrees. $500, CanadianTire.ca

3 ZOKU Iced Coffee Maker
Turn prepared coffee or tea into a chilled drink instantly without using ice. $30, CallTheKettleBlack.com

4 Growler Goods' Saguaro Dog Tent
Keep Fido (or the kiddies) shaded on the balcony (or inside) the house in hipster style. $178, UrbanOutfitters.com

5 GlucksteinHome's Tofino Adjustable Sunshade
Control the sun with adjustable canvas panels that move when the sun does. $700, TheBay.com

6 VW Children's Pop-Up Play Tent
Vintage looks and style will keep the little ones out of the sun as they play in the backyard. $60, BedBathAndBeyond.ca

metro SPORTS

FIFA senior VP Issa Hayatou will present the Women's World Cup with Sepp Blatter staying away

IN BRIEF

Walker, M's blank Padres
Taijuan Walker pitched one-hit ball for six innings to win his fifth straight start, Robinson Cano and Nelson Cruz homered and the Seattle Mariners beat the punchless San Diego Padres 7-0 on Wednesday.

Cano had four hits and drove in three runs. Cruz connected for his 20th homer on his 35th birthday.

Walker (7-6) struck out seven and walked none. The 22-year-old righty combined with four relievers on a three-hitter for Seattle's second straight shutout of San Diego.

Rookie Mike Montgomery threw a one-hitter against the Padres on Tuesday night. They have been blanked 13 times this year.

THE ASSOCIATED PRESS

Smoak show singes Sox
Justin Smoak hit two home runs and the Toronto Blue Jays' offence exploded in a 11-2 victory over the Boston Red Sox on Wednesday.

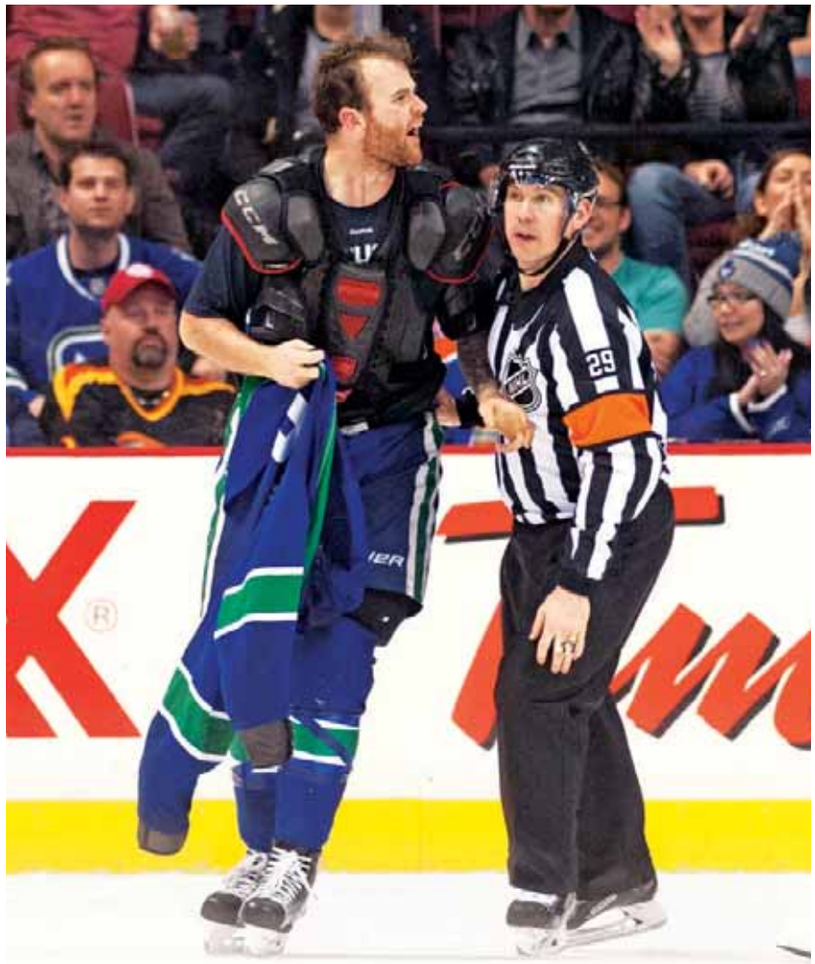
Edwin Encarnacion, Jose Bautista and Josh Donaldson also hit home runs for Toronto (42-38), ending a small two-game skid. Jose Reyes had four hits and scored three runs batting leadoff for the Blue Jays.

Mark Buehrle (9-4) pitched seven innings, giving up one run on four hits. The left-hander struck out seven with 106 pitches.

Mookie Betts had a late home run for Boston (36-44), while Hanley Ramirez had a triple and scored.

THE CANADIAN PRESS

Book closed on Kassian



Zack Kassian's tenure with the Canucks was marked with injuries and inconsistency.
RICH LAM/GETTY IMAGES

NHL

Canucks trade power forward to Montreal for Prust

Cam Tucker
Metro | Vancouver

Zack Kassian's time with the Vancouver Canucks is over. The debate about why the organization would move on from a young player with such potential has started up once again.

On Wednesday, the start of the NHL free agent frenzy, the Canucks traded Kassian and a fifth-round pick in 2016 to the Montreal Canadiens in exchange for forward Brandon Prust.

Kassian's tenure with the Canucks was marked with injuries and inconsistency. The latter sometimes landed him in the press box as a healthy scratch. His mistakes often brought about swift demotion from three different coaches in Alain Vigneault, John Tortorella and most recently Willie Desjardins.

He had the tools, including size at six-foot-three-inches tall and 214 pounds. He's still only 24 years old. He skates well, has a good shot, and could play physical — when he wanted to.

"My time in Vancouver, deep down I think I could've gave more and they knew that," Kassian told TSN.

His best season in Vancouver was under Tortorella, when he scored 14 goals and 29 points in 73 games. The bulk of his production that season came in the second half.

When he did get his chance with the Sedin twins, the small sample of results provided optimism. But from one game to the next, his performance often differed.

It's clear the Canucks believe they exhausted every avenue in trying to get the best out of Kassian.

"We've spent a lot of time working with Zack Kassian. Trust me when I say that," said general manager Jim Benning.

Benning believes the Canucks have depth on right wing and it seems they'll give 2014 first-round pick Jake Virtanen an opportunity to earn a spot on the team next season.

However, Benning admitted he doesn't yet know if Virtanen, 18, will be ready to make that jump.

In Prust, 31, the Canucks get a feisty forward that can play on the penalty kill, too.

16
Kassian tallied just 16 points — 10 goals and six assists — last season in 42 games

For more on Vancouver's moves on the first day of NHL free agency, visit metronews.ca

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Japan in final after late drama

Laura Bassett of England is comforted by Jo Potte after Wednesday's loss to Japan.
KEVIN C. COX/GETTY IMAGES

WOMEN'S WORLD CUP

Joy for reigning champs as an England own goal seals win

Laura Bassett's own goal in the 92nd minute proved to be the heartbreaker as Japan punched its ticket through to the Women's World Cup final with a dramatic 2-1 victory over England on Wednesday.

Fourth-ranked Japan, the defending champion from the 2011 World Cup in Germany and silver medallists at the 2012 London Olympics, will meet the United States in the tournament decider on Sunday in Vancouver.

WEDNESDAY Semifinal

JAPAN	ENGLAND
2	1

Japan was awarded a penalty kick as English defender Claire Rafferty made a major mistake in shoving Saori Ariyoshi from behind on her way to the net. Aya Miyami took the penalty kick and made no mistake in scoring her second goal of the tournament at the 33rd minute to make it 1-0 for Japan.

However, England got a penalty kick call of its own soon afterward in the 40th minute when Yuki Ogimi was flagged for impeding Steph Houghton — a call that did not please the Japanese fans in attendance as Houghton appeared to have taken a dive on the play. Fara Williams took the shot and outguessed Kaihori to knot the game 1-1.

England came very close to taking the lead in the 63rd minute, but Toni Duggan rang a shot off of the crossbar.

The game appeared to be headed to extra time, but a long Japanese cross in the 92nd minute hit Bassett's foot and deflected off the post and in, although it took the new goal-line technology to declare it a goal and give Japan the victory.
THE CANADIAN PRESS

IN BRIEF

Love commits to Cavaliers
Kevin Love has unfinished business in Cleveland, and Tyson Chandler will be conducting his in Phoenix.

The first full day of NBA free agency saw players and teams agree to more than $1 billion worth of deals. Love made his quickly, opting to stay with the Cavaliers on a five-year deal that could be worth more than $110 million.
THE ASSOCIATED PRESS

Raptors sign Hawks' Carroll
Masai Ujiri has made the first move in his Toronto Raptors makeover.

The team's general manager agreed to sign DeMarre Carroll on the first day of NBA free agency, adding a player who fits in well with coach Dwane Casey's defence-first philosophy. The 28-year-old small forward averaged 12.6 points and 5.3 rebounds in 70 games for the Atlanta Hawks last season.
THE CANADIAN PRESS

Raonic scorches with serve
Milos Raonic rode his serve to the third round of Wimbledon on Wednesday, firing 29 aces to hold off veteran Tommy Haas 6-0, 6-2, 6-7 (5), 7-6 (4).

The No. 7 seed from Thornhill, Ont., hit the third-fastest serve in tournament history at 233 km/h.
THE CANADIAN PRESS

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RECIPE Chicken, Mango and Rice Noodle Stir-fry

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Serves four.

Ready in
Prep time: 15 minutes
Cook time: 15 minutes

Ingredients
- 8 oz boneless chicken breast
- 2 tsp vegetable oil
- 1 cup sliced onion
- 1 Tbsp minced ginger
- 1 Tbsp hot red chili curry paste
- 2 tsp chopped garlic
- 1 cup sliced red bell pepper
- 3 Tbsp sweet chili sauce (Heinz or Asian flavoured)
- 2 Tbsp low sodium soy sauce
- 1 Tbsp lemon juice
- 2 tsp sesame oil
- 4 oz rice noodles (medium width)
- 1 cup thinly sliced mango
- 3 Tbsp chopped basil or cilantro

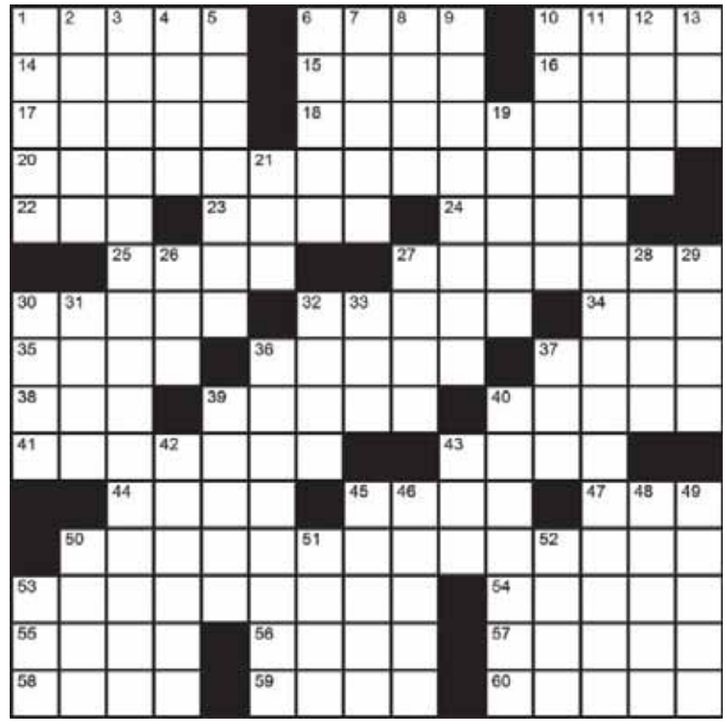
Directions
1. In a grill or sauté pan sprayed with vegetable oil, cook chicken just until temperature reaches 165 F or cooked through, about eight minutes. Let cool slightly, then slice into medallions.
2. Meanwhile, in a large skillet, add vegetable oil, onion, ginger, curry paste and garlic. Stir fry just until onions soften, then add bell peppers and sauté for two minutes.
3. For sauce, mix chili sauce, soy sauce, lemon juice and sesame oil.
4. Cook rice noodles while vegetables are cooking, just until tender. Drain noodles and place on serving platter. Add cooked vegetables and sauce, mix well. Garnish with chicken, mango, basil.

Nutrition per serving
- Calories 242
- Sodium 597 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. County fair attractions
6. Plucked orchestra instrument
10. Song in '65's "The Sound of Music": "Climb __ Mountain"
14. "__ __ economy is always beauty." - Henry James
15. Nobelist Mr. Wiesel
16. "Well, well, wells."
17. Love conquers all = __ vincit amor
18. Moveable pieces sofa
20. French explorer sharing the name of a Montreal bridge: 2 wds.
22. "Gimme __ '_'!" (Edmonton cheer-starter)
23. Modernists
24. Brewer's kiln
25. Foe in Fido's fur
27. _-__ record, as in sports
30. Latte's bubbles
32. Where Joni Mitchell felt like a 'free man'
34. "__ Wiedersehen!"
35. River islets
36. Seasoned yogurt dip of India
37. "Meet Me __ __. Louis" (1944)
38. Homer's exclamation!
39. Like, in Laval
40. Some students, shortly
41. 1970s singer Cat
43. It's not salmon, it's this
44. "The __" (Reality show Anderson Cooper hosted)
45. Scottish family
47. Roadside mil. hazard
50. Casey and Finnegan puppeteer who is a Member of the Order of Canada: 2 wds.
53. __ Berries (Canadian fruits)
54. Alongside: 2 wds.
55. "What __ __ mind reader?"
56. "Anything __?"
57. Film part
58. Canadian convenience store chain
59. Notices
60. "The Jetsons" son

DOWN
1. Wine of Spain
2. Jude Law's "Cold Mountain" (2003) role
3. Sly & The Family Stone hit: 4 wds.
4. Mr. La Salle of "ER"
5. Steadfast
6. "__ __ Fine" by The Chiffons
7. Sir Guinness'
8. Costa's companion
9. 'Canada's Victorian Oil Town' in Ontario
10. Someone self-centred
11. Titian (b.circa1490 - d.1576), for one: 2 wds.
12. Bring up
13. Opium perfume monogram
19. Tilted lettering [abbr.]
21. "Yikes!"
26. "__ magic!"
27. Mr. Johnson
28. Overcooked meal
29. Tiny amphibians
30. Trends
31. Carouse
32. Ms. Dawber's
33. Aspiration
36. "Be My Baby" by The __
37. 'Opt' suffix
39. Salsa singer Ms. Cruz
40. Canadian brand of tofu
42. Smirnoff drinks
43. Spotted, to Tweety Bird
45. Shut
46. City paths
48. It's short for 'low budget'
49. Cartoon duck
50. "She's a Bad Mama __" by Carl Carlton
51. Courtney Love band
52. Envelope insertion [abbr.]
53. Director Mr. Mendes

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will be forced to choose between two tempting possibilities today. If it's a choice between moving up in the world and making a positive difference, make a difference.

Taurus April 21 - May 21
Do you stick with what you know or try something new? The planets suggest you will have more fun if you take a chance.

Gemini May 22 - June 21
Try not to make any rash decisions about money matters today because the full moon warns you are likely to regret it. No matter how confident and enthusiastic you may be, you won't be thinking clearly enough to make a rational decision.

Cancer June 22 - July 23
It may feel as if you are being held back from fulfilling your potential but don't worry. While the moon is full you should take your time and wait to see how things develop.

Leo July 24 - Aug. 23
Today's full moon warns in no uncertain terms that you must take care of your health. If you take on too much over the next few days you are sure to regret it. Be kind to yourself.

Virgo Aug. 24 - Sept. 23
You may be more emotional than usual today but there is no need to worry. Sometimes things build up to such an extent that they must be let out and the full moon makes this one such occasion.

Libra Sept. 24 - Oct. 23
There may be chaos in every direction today but if you stay calm there is not much it can do to harm you personally. Loved ones will be rather touchy though, so you might like to stay out of their way.

Scorpio Oct. 24 - Nov. 22
You would benefit from getting out more. Short trips are lucky for you now, although they won't be without their ups and downs. The important thing is that you are visible. Remind the world you still exist.

Sagittarius Nov. 23 - Dec. 21
Today you will be critical both of yourself and others. Don't worry about it — you're allowed to be less than superhuman once in a while.

Capricorn Dec. 22 - Jan. 20
No matter how self-controlled you are, today's full moon in your sign will heighten your emotions. If you do lose your temper don't be too hard on yourself.

Aquarius Jan. 21 - Feb. 19
No matter how busy you are, you must return a favour of some kind today. Someone was good enough to help you out, now you must do what you can for them.

Pisces
Feb. 20 - March 20
The full moon warns this is not the right time to make waves. You may have strong opinions about what's going on around you but there is no point making enemies.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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